

One in four people will experience some kind of mental health condition in the course of a year. UCU believes that we all have a role to play to ensure that the stigmas and negative stereotypes are challenged. We should encourage direct interaction with members who need mental health support, as it helps prevent discriminatory attitudes and behaviours. To achieve this requires willingness from all, i.e. the individual themselves, colleagues and managers. UCU will maintain confidentiality of its members who are living and working with a mental health issue or condition.

#### SUPPORT

UCU will support its members who have a mental health issue or condition to allow them to continue to work without fear or stigma.

UCU will work with the employer to ensure that the culture and working environment is supportive to the